

What is caffeine?

Caffeine is found in leaves, seeds, or fruits of over 63 plants. Caffeine is used to flavor foods and drinks.

What are safe amounts of caffeine?

Adults: 300 milligrams a day

Children: 35-40 milligrams a day

How does caffeine affect my body?

Caffeine is a diuretic. It is a substance that causes your body to process fluids faster. People eating or drinking caffeine should increase intake of fluids, like water.



Hint: Too much caffeine may cause you to not consume a balanced diet with all of the food groups that a body needs for healthy growth and development.

Health Effects

Pregnancy

Studies show no proven effects.

Breastfeeding

Caffeine consumed by the mother is also received by the baby, but moderate amounts do not harm either the mother or the baby.

High Blood Pressure

Moderate amounts of caffeine have not been proven to increase blood pressure. People with high blood pressure should consult their doctor about the amount of caffeine they should consume.



Other health effects...

Research has found no exact results linking caffeine intake to breast cancer, heart disease, or osteoporosis.

Nutrient Note:

People who consume caffeine should watch the intake of calcium. Make sure caffeine foods and drinks do not replace foods and drinks that provide the required daily amounts of calcium. This is especially important in babies, children, and women.



Drinks/Foods High in Caffeine:

| | |
|------------------|--------------------|
| Yellow Lemon Pop | 40 mg per 8 oz |
| Cola | 15-50 mg per 8 oz |
| Brewed Coffee | 80-140 mg per 8 oz |
| Instant Coffee | 65-100 mg per 8 oz |
| Brewed Tea | 25-75 mg per 8 oz |
| Chocolate | 25 mg per 8 oz |
| Cappuccino | 75 mg per 8 oz |



Is caffeine addictive?

Caffeine is not physically addictive. It is not stored in the blood. Some people may be more sensitive to caffeine and may feel stimulated after only one serving.



How do I reduce my caffeine intake?

- Quit slowly. Stopping “cold turkey” may cause headaches and irritability.
- Each day reduce the amount of caffeine you drink or eat. This should help avoid the feeling of withdrawal.
- Choose decaffeinated or caffeine free drinks and foods.

The myths and facts about caffeine...

Myth: Caffeine causes hyperactivity in children.

Fact: Moderate amounts of caffeine will not cause hyperactivity. More than 35-40 milligrams of caffeine a day may cause your child to become restless.

Myth: Caffeine is addictive. If I quit I will go through withdrawal.

Fact: Reduce your caffeine intake from your diet slowly to reduce feelings of withdrawal.

Myth: Pregnant women should not drink or eat caffeine.

Fact: Mothers who drink or eat less than 300 milligrams of caffeine each day do not put their child in any risk.

Women who drink or eat more than 300 mg caffeine per day may have a harder time getting pregnant.

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